

STAKEHOLDER COMMENT FORM

Stakeholder Comments

Please use this form to submit comments or suggestions.

1. Please put each new comment in a new row.

2. Please do not paste other tables into this table, as your comments could get lost - type directly into this table.

3. **Please always refer to section numbers (and not page numbers.)** Insert the **section number** and paragraph (within each section) in the first column (see examples).

4. If your comment relates to the document as a whole, please put **'general'** in this column. (See examples).

To be considered your completed form MUST be returned by 28 February 2008.

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| Name: Robin Bate | |
| Organisation: | |
| Comments | |
| <i>All comments are General</i> | |
| <i>I don't know about anyone else but the things I did after I spend 3 years in psychiatric care that helped me where;</i> | |
| <i>1; - get away from my family as much as possible. Dr Sasashidaram, ADC, Royal Edinburgh Hospital noticed the negative effect living with my family was having on me at the time. I do come from a large family (12 children with 2 teachers as parents) That was not easy but when an opportunity came up to move out of hospital and not back to family home I took it and never really looked back since. I was 23. I am now 51.</i> | |
| <i>2. – I remember the pain of losing connection to my then friends. And the change in my relationships with my family. That was very difficult to overcome, but in time once I got working and found areas in life I was interested in then I rebuilt my life. Also getting married and having a baby gave me responsibility and less time to dwell on the past.</i> | |
| <i>2a – it was also very helpful to me to stop smoking marijuana – It was little known at the time the effects of marijuana on health – I was one of those who suffered – I was a light user but had smoked the stuff from age 15 to about 22. I was never really a drinker. My family history prior to getting ill was I had left university after 2nd</i> | |

attempt at getting a degree. This upset my parents – but they did not discuss it after initial shock. They found it very difficult to help me. Also breaking up with my then girlfriend of 2 years left me a bit isolated and on my own. However I worked and went to Greece and did lots of things it was by no means all sad or depressing.

3; - there is an old saying about putting all your eggs in one basket – and my experience of psychiatric care was that many avenues were used to help the patients – we did yoga, painting and I did a woodwork class. These all helped and the group meetings were very helpful as well. We also ran a supper club in the evening and we, the patients, would organise our own supper (tea, sandwiches and cake or biscuits) every night. This was the old professorial unit in ADC Edinburgh – ward 2. I was very interested in the many walks of life fellow patients came from and I think the nurses and domestic staff were terrific – they made a big difference to how the ward was run and did a lot of work for the patients in many ways. The Dr's I found were always very busy and very distant. I did see them occasionally – but it was mostly a very clinical discussion and perhaps relevant to what medication I was prescribed but did not relate to me and my experience very much at all.

4. There is a great paratroopers motto – knowledge dispels fear. So I set about finding out more about mental illness and looking at mental illness through other people's eyes, inspired by the many opportunities provided in ward 2, I went looking for other areas of help. I found homeopathy, Bach Flower remedies, massage, reflexology, and most healing of all Anthroposophy. It was discovering there was very positive thinking outside of the established churches or modern organisations like the NHS, that really set me on my path to health and vigour – basically I grew up and got an education that supported me, rather than hang on to the education I was brought up with.

5. – at present one of my brothers has been in and out of psychiatric care for last 20 years. When I last saw him at the locked ward in ADC Edinburgh (ICPU) – named after Dr Afleck I think who was in charge of ward 2 when I was there, I was distressed by the lack of stimulation for the patients, and the over stimulation through coffee and tea, and the heavy medication regime, and the reluctance of staff – medical or nurses - to be open to simple things like camomile tea, anthroposophical medicine for stress and strain – and some basic common sense for looking after unhappy souls who kick off a bit and get a bit dangerous either to themselves or to others.

6. So all in all I would say the environment of the hospital is very important - homely, comfortable, relaxing. The food is very important – healthy organic cooked on site. Occupational therapy – even getting patients baking is a great way to help the healing process. The ADC is getting a bit tatty. I would say the value of occupational therapy can't be over stated. Alternative views are also very important – our continental cousins are in many ways miles ahead of us in the use of herbs and other forms of medicine. Sadly we appear to rely on a very narrow approach to mental health treatment with a very narrow medicine regime – though it has developed since - I was treated with modocate, dipixel, chlorpromazine and stellazine.

It was my experience that the side effects of the drugs prescribed were by far the worst things I had to deal with, restlessness, bloated and over weight, skin over sensitive to sun light and no libido. It has taken me many years to get over the side effects of the medication.

Please add extra rows if needed.

Please return to: Nicola Radley, Area 3ER, Mental Health Division, St Andrews House, Regent Road, Edinburgh, EH1 3DG

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